



1st Marine Logistics Group



MARINES
THE FEW. THE PROUD.

Newsletter Volume I Issue 2
June 2006



News from 1st MLG Family Readiness Coordinator

Hello to all the families of 1st MLG! You may recognize my name that is because I had 3 great years of training Key Volunteers and Family Readiness Officers at Marine Corps Family Team Building. I am excited for this opportunity to be your Family Readiness Coordinator. I am dedicated to strengthening our unit families through educational programs, resources and benefits that are available to the military.

I encourage you to utilize the programs under MCCS. Marine & Family Services offers opportunities to help you attain your goals for nearly every aspect of life from academics, counseling, preparing for deployments, finding a job, locating quality childcare, reaching your financial goals or just coping with military life. One call can link you to all of Camp Pendleton's Marine & Family Services' programs. Learn as much as you can, and take advantage of the benefits. Call with any questions, (760)725-3400 or log on to

www.mccscamp Pendleton.com.

We all have or will endure the hardships of a deployment. Prepare yourself for a successful deployment, so you can have a wonderful reunion. Some helpful deployment tips:

- Set realistic goals for yourself, relationship, and family.
- Physical separation, although difficult, can be a wonderful time to grow together emotionally and spiritually.
- Use e-mail, cards, letters, audio & videotapes to stay connected to your significant others. Use Moto Mail when available.
- Please don't isolate. Seek support from your Key Volunteer.
- Become involved in your community, base, or church.
- Be aware of your stress level and that of your children. Get help if needed.
- Talk with your children about how they are feeling. Let them do age appropriate activities to send the deployed parent.
- Remember that readjusting to not having your spouse physically present is a process. Be patient.
- Communicate with your spouse in a positive way.
- Come to unit events and meet other spouses.
- Attend the Reunite, Readjust & Rediscover Workshop.
- Know that this time will end and look forward to a happy reunion.
- Give yourself a pat on the back everyday! Being a military spouse is difficult, but together, we can do this!

If you have questions or concerns, please do not hesitate to contact me.

Best wishes,

Marianne Espinoza

1st MLG

Family Readiness Coordinator

(760) 763-3208 Marianne.Espinoza@usmc.mil

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SUPPORT RESOURCES

Counseling Services: 725-9051
M – F 1300 – 1500 Bldg 1122

Tri-West Prime: 1-888-874-9378
Counseling Services/ no co-pay
Ask for Individual or Family Counseling

Communication Skills and
Anger Management Classes : 725-6636

Navy Hospital Mental Health: 725-1555

SARPD: 725-9806
(formerly NARED) Support
Groups
CREDO/PREP: 725-4954, 763-1310
Personal & Relationship Improvement

Information & Referral: 725-3400
Learn about military and civilian
resources

Financial Management: 725-6098
Seminars/Individual Counseling

New Parent Support: 725-3884
Parenting Classes/Support/Home Visits

CSACC:
Alcohol & Drug Abuse Prevention
and Treatment 725-5538

MCCS OneSource: 1-800-869-0278
24 Hour Hotline
www.mccsonesource.com



Upcoming Events L.I.N.K.S. Session Schedule

June 17 (Sat)

0830 – 1630

July no class

Aug 2 & 3

0830 - 1230

Sept 6 & 7

0830 – 1230

Sept 30 (Sat)

0830 – 1630

**Location: Marine
Corps Family Team
Building Training
Room (Bldg 1345)**

For reservations,
call

760-725-2335

Food and Bread Ministries

Bread Ministry

1st & 3rd Tuesday of
every month

11:30 am to 1:00 pm

Abby Reinke Center

Food Ministry March

1st & 3rd Wednesday
of every month

1st Wednesday is at
the MOM Warehouse

4:00-6:00 pm

3rd Wednesday is held
at the Abby Reinke

Center

11:00-6:00 pm

[http://
www.pendleton.usmc.
mil/chaplain/
commu-
nity_support_services.
htm](http://www.pendleton.usmc.mil/chaplain/community_support_services.htm)

A Message from Col Malone...

The Strength of Families

While we were growing up, whenever we had good news to share our first thought of who to share the news with was always the family. “Look mom, I got an ‘A!’” or, “Did you see that one Dad?!” Likewise, when we are having times of trouble, the family is the place where we find the most comfort and support. Throughout our lives it is our families that we most want to please and the ones we least want to disappoint.

The Marine Corps & Navy Family is as strong as any extended family could be. In these times of multiple deployments and stress, our Marine Corps families could be as important as our traditional families. We need to rely on each other, sometimes for a laugh, sometimes for a cry, sometimes for just a little help and information.

Over the years I have had many neighbors, friends and family members who I knew I could depend on in case my wife or children needed help. But in times of emergency, it was always my Marine Corps family that I knew I would call first. I knew they would be there no matter what time of the day or night – no questions asked.

Whether this is a first deployment for your Marine or Sailor or fourth in these past few years, your contribution as a “family” member is important – and appreciated. All of us in uniform appreciate the sacrifices you make to keep the family strong. Don’t be afraid to ask for help, and don’t be reluctant to help. We need to be here for each other.

We are family – Always Faithful

Col. M.D. Malone

Family Readiness Officers

Group FRC Marianne Espinoza 760-763-3208

CLR-17 LtCol Todd Holmquist 760-725-5418

CLB-11 Maj Brian Hughes 760-763-4017

CLB-13 Maj John Sorenson 760-763-0480

CLB-15 Maj Craig Barnett 760-763-0751

CLR-1 LtCol Kurt Kempster 760-725-5033

CLB-1 2ndLt Shawn Joyce 760-725-6813

CLB-5 GySgt Patrick White 760-725-6750

CLB-7 (29 Palms) CWO-2 Frank Jenkins 760-830-6709

CLR-15 Capt Richard Garcia 760-725-8397

1st Medical Bn LCDR Donna Jefcoat 760-763-2397

1st Maintenance Bn Capt A Chambers 760-725-3148

1st Supply Bn 2ndLt Kerry Hogan 760- 763-6169

CLC-133 (Yuma) 2ndLt F. Cardoza 928-269-3241

CLC-134 (Miramar) CWO-4 DeLa Torre 858-577-9547

1st Dental Bn HMC Ken Harvey 760-725-3630

Legend:

CLR=Combat Logistics Regiment

CLB=Combat Logistics Battalion

CLC=Combat Logistics Company

“Deployment Support on the web”

[http://www.usmc-
mccs.org/deploy/ml/
deployinfo.cfm](http://www.usmc-mccs.org/deploy/ml/deployinfo.cfm)

MCCS Information &
Referral: 1-800-253-1624

USMC Family Hotline:
866-227-2708

[http://
www.deploymentconnect
ions.dod.mil/](http://www.deploymentconnections.dod.mil/)

I MEF Family Readiness
Hotline

1-866-676-0662

**KVN Training Schedule****June 20 & 21**

Tue/Wed mornings
0830-1200

MCFTB Classroom
Bldg 1345

July 11-12

Tue/Wed evenings
1800-2100

MCFTB Classroom
Bldg 1345

Advanced registration is necessary to insure that we prepare adequate materials.

For more information and to register for class, please call (760) 725-6637/9052.

"The Key Volunteer Network is a spouse program providing official information, referral services, and works to create a sense of community"
Support Our Troops Volunteer!

To receive base wide information such as...

- Official deployment information
- Free tickets to sporting events/concerts TV shows
- Food giveaways, free gift baskets, and toys
- Children events, job opportunities, classes, etc...

Sponsor's Name/Rank _____

Your Name _____

E-mail _____

Phone _____



"Fill out this card and hand it into your spouse's command unit, or hand it into the Family Readiness office at 1MLG HQ's"

1st MLG Families,

I would like to take this opportunity to welcome aboard our new Family Readiness Coordinator, Marianne Espinoza. We are so happy to have her as part of the 1st MLG family and look forward to working with her! Marianne brings a wealth of knowledge with her to her new position and we are lucky to have her as our new Coordinator.

Congratulations to Lisa Izenberg on the success of the first MLG Newsletter! We received a great deal of positive feedback on it. I hope you find this newsletter as helpful and informative as the first. Thank you to all the Key Volunteer Advisors and Coordinators who sent a message in to Lisa for this newsletter.

For those of us with deployed spouses I hope you are settling into a routine, keeping busy, and time is passing by quickly for you and your Marine or Sailor! For those whose spouses will be deploying later this summer or early fall I hope you are able to spend valuable time together as a family in the next couple months.

With summer fast approaching that inevitably means we will be losing some very valuable members of our Key Volunteer team due to PCS orders. I would like to thank those KV's who are leaving for all their time and dedication to the Key Volunteer Network and helping to make life a little easier for the MLG families. Volunteers are worth their weight in gold and there would be no Key Volunteer Network without you! Thank you again and the best of luck on your new ventures wherever they may take you!

A big welcome to all the new families joining the 1st MLG this summer! I hope you are looking forward to your time at Camp Pendleton. I encourage you to look into all the programs available to you on the base and if you think you may be interested in being a Key Volunteer please contact the Key Volunteer Coordinator or FRO of your spouse's unit. If you are unsure who they are you can contact either Marianne (760-763-3208) or Lisa (kvc1mlg@att.net), they would be happy to help you!

Have a wonderful summer,
Kathy Reist
1st MLG KVA



Dear Families of 1st MLG,

Hi my name is Lisa Izenberg and I am the Key Volunteer Coordinator for 1st Marine Logistics Group. First let me say welcome to our new Family Readiness Coordinator, Marianne Espinoza. I am so excited to have Marianne on board, as she is so knowledgeable of how the military works, and what we as spouses need to know to survive deployments! Welcome aboard Marianne. Marianne has been working hard on updating our web site. Please check it out at: www.i-mef.usmc.mil and click on the 1st MLG section for all the latest news and updates.

I have received many e-mails from spouses, family members, and a few active duty military members. Thank you each and everyone for your questions and e-mails. That's what our newsletter is for. If you have a question we are here to help you, and hopefully find the right resource for you.

Deployments are hard to go through. I know for myself it is easy to shut yourself in. Be kind to yourself and make it a point to get out. I love to walk, and one of my favorite things to do is to take walks with my husband. Well, now that my husband is deployed, I have found a clever way to go for walks with a very eager companion! **Meet my neighbor's dog "Gidget"**. That's right! If you don't have a dog, then ask your neighbor if you can take their dog for a walk. Gidget is a great walking companion, and she has yet to turn me down. It is a perfect arrangement, I feel safe, and I am getting my exercise (which is certainly less intimidating than going to the gym). Thankfully I can say that I have nice neighbors willing to oblige me, and a great dog most eager to walk!



For those military spouses that live out of state and don't have access to a military base please know that we have some online resources for you. Did you know that you can go online and take a LINKS course? Go to <http://www.usmc-mccs.org/links/training.cfm> taking a LINKS course is a great way to get integrated into the military lifestyle. Having a better understanding of what your Marine or Sailor does for a living helps tremendously. LINKS will help you cope with the daily struggles you may encounter while your loved one is deployed. If your spouse is getting ready to deploy please take this class! You will thank yourself for doing it. Being prepared is so important. Deployments are stressful and if you can take some of the stressors out of the process do it.

Need ideas for support: Go online and check out www.marinewives.com, www.militaryspouses.com, www.militarychild.org and www.marinemomsonline.net these web sites have some great information and support groups you can join online. Volunteer! If you live out of state join a local church group. Volunteer at a hospital or join the American Red Cross. I know that the Navy/ Marine Relief Society is looking for new volunteers on base. No matter which group you join as a volunteer you will meet many people empathetic to your situation, and willing to lend support (whether you live on base or in your hometown). Hint: people who volunteer get great joy in helping others!

In closing please keep those e-mails coming! If you have a question you can contact me at kvc1mlg@att.net

Sincerely,

Lisa Izenberg, KVC 1st MLG
Camp Pendleton, CA



STRESS STRATEGIES

Emergency Aid:

- ✓ Slow down/ Wait to speak
- ✓ Deep Slow Breathing
- ✓ Muscle Relaxation
- ✓ Time out/ Walk Away

Short Term Action:

- ✓ Eat Healthy/ Drink Water
- ✓ Sleep More
- ✓ Exercise as much as possible
- ✓ Laugh/ Watch a Funny Movie
- ✓ Talk to a counselor
- ✓ Write it down
- ✓ Read (Knowledge is power)
- ✓ Listen to music
- ✓ Take advantage of available resources
- ✓ Accept help

Long Term Solutions:

- ✓ Identify what is valuable
- ✓ Write down your goals
- ✓ Keep things in perspective
- ✓ Find ways to feel good about yourself

For
Your
Health





A Message from CLR-15...

Time sure has been flying by and before you know it we will be getting kids ready for school and thinking about pumpkins. But before we get ahead of ourselves I just want to wish everyone a wonderful summer. You can't ask for a better backdrop then the California horizon. CLR-15 has been busy with a lot of change!! We welcomed a new Chaplain to CLR-15 (Chaplain Jensen), Major Estep is the new Officer in Charge at Maintenance Bn, there was a change of Command for Medical Battalion, the CLR-15 Sergeant Major is retiring and Colonel and Mrs. Vincent will be taking over CLR-15 on June 13th. This could be a very difficult time within the regiment but because of our strong Key Volunteer Coordinator, Christina Galvez, everyone will still be taken care of and receive the information they need. I just want to thank the families of CLR-15 for your sacrifice and I want to ask you to continue to volunteer to keep the Key Volunteer Network strong for ALL spouses. This has been a wonderful time for me and knowing you are in good hands makes it easier to move on.

Cricket Hudson

A Message from CLR-17...

Hello to everyone reading this. My name is Alisa Poe, and I will be taking over the Key Volunteer Coordinator position for CLR-17. I am extremely excited to have the opportunity to give back to my Marine Corps family. Although I am saddened to see Laurie Curtain leaving, I know she has done an amazing job, and I have some very large shoes to fill.

Some of you know me already but for those of you who don't here is a little about myself. My name is Alisa and I am married to my wonderful Marine, Steve. We have been stationed here at Camp Pendleton for a little over 5 years, with many more in the Marine Corps to come. Steve and I have 3 great boys, all of which have there own unique personalities. So as you can imagine our home is always exciting.

As I said before I am so excited to have this opportunity. I firmly believe that in the Marine Corps we do take care of our own, and to me the KVN is the perfect for me to do this. I hope to get to know you all.

Semper Fi,

-Alisa Poe

<http://www.cpen.med.navy.mil/>

Ladies and Gentlemen:

The Camp Pendleton Naval Hospital Health Services Town Hall Meeting will be held on 28 Jun 06, it will be held at **1830-2030** in the **Pharmacy Waiting Area**.

If anyone needs additional information or directions to our facility, they can call the Patient Relations Office at (760) 725-1436

Thank you very much.

V/R,

CDR Balolong

Patient Relations Department

Naval Hospital Camp Pendleton

www.mebalolong@cpen.med.navy.mil

Office (760)-725-1436



A Message from 1st Maintenance Battalion...

My name is Rene' Granata and I am thrilled to serve as Maintenance Battalion's Key Volunteer Coordinator and Advisor. We have a great network and have been able to host and aid with many events- Jane Wayne Day, Family Day, Easter Party, pre-deployment briefs, return and reunion brief and a few of our companies have had socials as well. All events have been a great success.

All our Key Volunteers have been so exceptional and I am extremely grateful to them. In addition to preparing for our returning Marines and Sailors as well as those who are departing, our network will be working on recruiting new volunteers. Participation in the Key Volunteer Network can be such a rewarding experience and I hope the good experiences are shared with others.

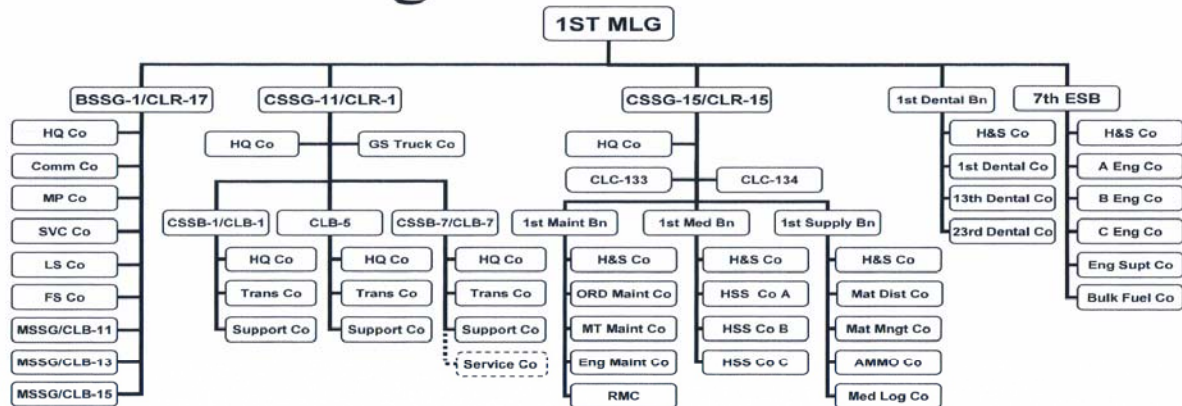
If you would like to be on 1st Maintenance Battalion's Key Volunteer Network's Contact Roster or are interested in becoming a Key Volunteer, do not hesitate to contact me at rgranata@cox.net.

Rene' Granata

KVC/A 1st Maintenance Battalion



MLG Organizational Structure



How to contact the Key Volunteer Coordinator for your unit...

1st MLG KVC: Lisa Izenberg kvc1mlg@att.net

BSSG-1/CLR-17 KVC: Alisa Poe Alisathebest@cox.net

MSSG-11/CLB-11 KVC: Sheree Casias shereecasias@yahoo.com

MSSG-13/CLB-13 KVC: contact the unit FRO: Maj John Sorenson 760-763-0480

MSSG-15/CLB-15 KVC: Janet Barnett cbarnetts@cox.net

CSSG-11/CLR-1 KVC: Leah Seay mandlseay@adelphia

CSSB-1/CLB-1 KVC: Cindy Reiter tc mreiter1@cox.net

7th ESB/CLB-5 KVC: Anna Wisherd kvc47esb@yahoo.com

CSSB-7/CLB-7 (29 Palms) KVC: Jennifer Kennedy momodakota@adelphia.net

KVC: Senobia Washington senobiaW@yahoo.com

CSSG-15/CLR-15 KVC Christina Galvez suvorov1@cox.net

1st Medical Battalion KVC: Monica Schutt monicaschutt9@hotmail.com

1st Maintenance Battalion KVC: Rene Granata rgranata@cox.net

1st Supply Battalion KVC: Bonnie Tucker texasag5@hotmail.com

CSSC-133/CLC-133 Yuma KVC: Corina Cardoza cardoza@adelphia

1st Dental Battalion KVC: Laura Burg mslaura10@hotmail.com



Dear friends and families of 7th ESB/CLB-5,

I would like to welcome each and every one of you to our family here at 7th Engineer Support Battalion. We are now a little over three months into our deployment and I'm sure many of you are trying to pass the time by keeping busy with work, school, and family life, while simultaneously supporting your Marine. We understand that you are faced with many obstacles as a military spouse, particularly during a deployment. As luck would have it, the dryer seems to break down or the kids get rushed to the emergency room the minute your Marine leaves. In your time of need, we hope you will look to our Key Volunteer Network for resources, referrals, and any kind of support you may need.

Key Volunteers (KV) were set in place to act as a liaison between the unit families and the command. We also plan battalion and company functions, bake cookies for our single Marines, bring dinners to new moms, and provide other support to all families within our battalion. We encourage you to become active with our network if you are someone who benefits from helping others or merely enjoys meeting new people.

Although our KV's make every effort to contact every family within the battalion, this task can be rather difficult. If you have not yet been contacted by a KV, please contact me at kvc47esb@yahoo.com and I will get you in touch with them as soon as possible. In addition, we ask that you contact us should your contact information change. It is imperative that we have your updated information in order to have access to events happening in our battalion, as well as receive information about your Marine's return. Please also make sure that we have your email address, as this is the best way for you to receive any information the command passes on to the families.

Again, please do not hesitate to seek help or guidance through our KV Network. Our job is to help you in any way we can.

Sincerely,

Anna Wisherd
7th ESB/CLB-5 KV Coordinator

A Message from Dental Battalion:

My Name is Laura Burg and I am the Key Volunteer Coordinator for Dental Battalion. Our key volunteer network is running very smoothly with the advice of our Key Volunteer Advisor Mrs. Denise Taylor and our FRO's Chief Harvey and Chief Rosmond. Our Key Volunteers, Mrs. Corie Carroll, Mrs. Jennifer Edwards, Mrs. Jackie Haney, Mrs. Karen Ross, Mrs. Nancy Tully, and Mrs. Karla Young have done an outstanding job of looking after our families and keeping them informed despite that they are located all around the country.

"Operation Pillowcase" went off without a hitch!! Family members and friends came together last month to decorate a pillowcase for each of our deployed troop members. They look great and, I'm sure our loved ones will treasure them. Our network is ready and anxious to plan our welcome home parties!

<http://www.ndc.cpen.med.navy.mil/>



A Message from CLB-15...

At CLB-15 we are just getting our KV Network up and running. I am Janet Barnett; I recently took over the KVC position. Anne Hyams is our wonderful KVA. We have a great group of KVs –thank you to Jessica Hall, Jamie Anderson, Christine Estrada, Emily Krebs, Megan Dettle, Lucy Nehlen, and Amber Evans! We have about 3 more getting ready to join us soon. Our Battalion is in the middle of "work-ups" as they prepare for the 15th MEU. We will have a fun Family Day on July 7th at Del Mar Beach. We hope that all our CLB-15 families will join us.

Thanks,
Janet Barnett

Message from 1st Medical Battalion:

Greetings from the 1st Medical Battalion Key Volunteer Network. Under the guidance of KVA Brenda Eby and KVC Monica Schutt we have been busy this deployment. We had our annual family day picnic on April 8th at Lake O'Neil, which provided an opportunity to meet the family members we have been supporting. We also have been preparing for both the upcoming reunions and the next deployment. Our Key Volunteer Network is active and we are always looking for new volunteers. Please contact Monica Schutt, KVC at 760-726-7937, or if you are interested in participating in this wonderful organization.

Monica Schutt, Key Volunteer Coordinator
1st Medical Battalion, 1st MLG
monicaschutt9@hotmail.com

**Coping with Deployment**

Spouse Support Group

*Tuesdays from 1000-1130**Free Childcare Available*

Counseling Services
Building 1122 E Street
Call 725-9051

This ongoing group will provide participants with an opportunity to:

- Develop a support system.
 - Express feelings about deployment in a supportive environment.
 - Learn coping skills from each other.
 - Share resource information.
- ALSO
- Learn relaxation techniques.
 - Ways to cope with financial stress.
 - Strategies for successful single parenting.
 - Tools for managing sadness, depression and loneliness.

Please call 725-9051 for more information or come in for walk-in screenings during the hours of 1300-1500 Monday –Friday.

The group will provide an opportunity to discuss and problems solve these topics and MORE!

**1st MLG Family Readiness Resource Links and Phone Numbers****FAMILY TEAM BUILDING PHONE NUMBERS**

- Director/Admin 760-725-9052
- KVN Trainer 760-725-6637
- L.I.N.K.S 760-725-2335
- Deployment & Readiness 760-763-1337

CREDO 760-725-4954

The I MEF has established a toll free information line to allow friends and family members to access current information regarding the I MEF, I MHG, 11th MEU, 13th MEU, and 15th MEU.

Caller Access: Dial 1-866-676-0662

I MEF menu message will begin

To reach the I MEF message, press 1

To reach the I MHG message, press 2

To reach the 11th MEU message, press 3

To reach the 13th MEU message, press 4

To reach the 15th MEU message, press 5

If you know the number of the mailbox they want, they DO NOT need to listen to the entire menu, just press the correct mailbox number.

CHAPLAIN'S CORNER

✦ MCB Camp Pendleton Staff Duty Chaplain (760) 725-5617/5618

✦ IMEF Chaplain (760) 725-9032

✦ 1st MLG Chaplain (760) 725-5501/6810 after hours duty Chaplain can be reached at (760)-725-5966

✦ MCB Camp Pendleton Command Chaplain (760) 725-4700

Marine Corps Community Services Forums

NEW ONLINE DISCUSSION GROUPS - KVN, LINKS, SEMPER FIT, ALL MARINE RUNNING PROGRAM, SINGLE MARINE PROGRAM, SPOUSES LEADERSHIP SEMINAR LOG ON AND REGISTER TODAY @

<http://www.usmc-mccs.org/kvn/index.cfm>

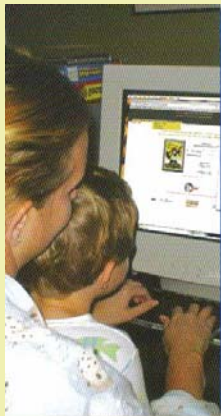
Upcoming Volunteer Projects**June Events:**

Operation Homefront seeks volunteer to help with an organizational/inventory day at their warehouse in Escondido. This is a two-day event, beginning **20 June**, when volunteers will help move and organize items from the San Marcos storage to the Escondido warehouse. Then, on the **21st of June**, volunteers will help label and prepare for an inventory. Please contact Bambi Adams at bambi@operationhomefront.net for more information.

July Events:

Oceanside Freedom Days Parade is looking for volunteers interested in volunteering for the parade, on **Saturday, July 1**. Volunteer opportunities include assisting with a mailing prior to the parade as well as opportunities the day of the parade, from 7 am-12 pm. Parade volunteers will assist with equipment check-out/in, act as street marshals, route marshals, and/or announcers. All volunteers are asked to attend a 1-hour volunteer workshop on **Thursday, 29 June**. Any interested volunteer should contact Catherine Nykiel, Main Street Oceanside Event Coordinator, at 760-754-4512 or msoevents@pacbell.net.

The **San Clemente Ocean Festival** is taking place on Saturday and Sunday, **15-16 July**. Volunteer for this fun-filled event that originally started as a lifeguard competition and has blossomed into dory races, ocean swim competitions, paddle board races, swim/runs, surfing competitions, jet ski exhibitions, sand castle building competitions, and much more! This event boasts fun for the whole family! Every volunteer will receive a free t-shirt and food throughout the day. Please contact Kristi Kindred at kkindred@wlainvestments.com or 949-851-2020, ext 19 for more information.

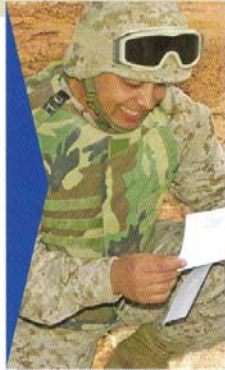


Send a Lasting Memory!

Now your deployed Marine can read your letters usually within 24 hours, not days or weeks.

Moto Mail
Marine Corps Motivational Mail System

Unlike e-mail, your letter can be read and re-read. Moto Mail is Fast, Safe, Secure, Accurate, Private ...and FREE!



Moto Mail Scanning location for hand-written Letters:

Offices at MCB Camp Pendleton, MCAS Miramar, MCAGCC 29 Palms, and MCAS Yuma.

Customer Support

- HQMC Postal Affairs (MRP-3)
- Toll Free 1-877-763-2542

e-mail to:
MotoMail@usmc.mil

www.motomail.us

How Does Moto Mail Work?

1. Sender logs onto www.motomail.us to create the letter or takes a hand-written letter to a scanning location.
2. The letter is sent to the Moto Mail server.
3. The designated USMC post office downloads the letter to a special machine which prints, folds, and seals the letter.
4. The letter is delivered through unit mail call.
5. Unlike E-mail, it allows a Marine or Sailor to keep a physical reminder of their loved ones with them at all times and can be read and re-read.

Staying Connected !



Postal Guidelines and Mailing Restrictions for FPO AP addresses can be located online at www.usps.com, or call customer service at 800-610-8734

- 1st class 13 oz or less can take 7-12 days
- Flat Rate Priority boxes are free and can be picked up at any post office. **This is the most economical way to send packages!!!**
- When sending packages you must also fill out a customs form (PS Form 2976-A)
- Express Mail is not authorized. Mail will be returned to sender. Refunds are given if a receipt is kept.
- Insure mail if contents value is greater than \$50 dollars.

Free postal supplies are available and can be ordered on line or by calling customer service at 800-610-8734. Ask for a "Military Kit" Each kit comes with 10 boxes, 5 milipacs, one roll tape, and 10 customs forms with envelopes at no charge. At Camp Pendleton call 725-5769 or 763-1196



**1st Marine Logistics Group
Box 555606
Camp Pendleton, CA 92055-5606**

Web Resources

www.usmc.mil
www.pendleton.usmc.mil
www.mccscamp Pendleton.com
www.militarycity.com
www.marinemomsonline.net
<http://www.tricare.osd.mil/>
www.redcross.org
www.lifelines2000.org
www.militarychild.org
www.marinewives.com

Were on the web:

<http://www.i-mef.usmc.mil/>

Important Contacts

1st MLG Family Readiness Coordinator...760-763-3208

1st MLG Command Duty Officer...760-725-5966

1st MLG Key Volunteer Coordinator... e-mail: kvc1mlg@att.net

24/7 Family Assistance Military OneSource... 1800-869-0278, <http://www.militaryonesource.com/>



To access online: The branch is USMC, user ID is marines, and the password is semperfi

OIF Hotline...866-227-2708

Family Info Hotline...800-253-1624

American Red Cross...760-725-3303/3304

Navy and Marine Corps Relief...760-725-5337